

March Program Highlights

Urbana Senior Center: Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov • 301-600-7020

www.FrederickCountyMD.gov/aging Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

The Inside Scoop:

Acupuncture and other Chinese Medicine

Curious about acupuncture and other Chinese medicine? Claudia Olson specializes in acupuncture, auriculotherapy, Qi Gong and Tai Chi. Claudia has a Masters of Acupuncture from the Maryland University of Integrative Health, the first accredited school of acupuncture in the United States, and is licensed to practice acupuncture in Maryland.

Date: Tuesday, March 21

Sign-up by Thursday, March 16

Time: 5:30 p.m. Fried Chicken Dinner
6:00 p.m. Talk/Discussion

Cost: \$5.00 for the meal

Lunch with Nurse Steve:

Why do I have trouble walking?

Nurse Steve's talk will be "a discussion on balance and falls prevention."

Menu: Pork Carnitas, black beans, lettuce, salsa, cheese, tortillas, mandarin oranges

Date: Thursday, March 9

Sign-up by Thursday, March 2

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Bridge Group

Want to play bridge in a relaxing atmosphere? Join this new group.

Date: Mondays

Time: 12:30 p.m. **Cost:** Free

Artful Creations

Create unique and fun art work!

Our March activity will be printmaking.

Date: Wednesday, March 1

Sign-up by Monday, Feb. 27

Time: 1:00 p.m.

Cost: \$3 per participant

MAP: FMH Programs

Amber Lange, FMH FIHN Nurse, will present information regarding programs and support groups available to county residents.

Maryland Access Point (MAP) provides information and assistance to area residents. (Stay for lunch - \$4.68 regular meal cost)

Date: Wednesday, March 8

Time: 11:30 a.m. **Cost:** Free

Put Your Best Fork Forward

March is National Nutrition Month. The theme for 2017 is "Put your best fork forward." Each one of us holds the tools to make healthier food choices. We'll watch a few short videos on nutrition for seniors.

Date: Wednesday, March 22

Time: 11:30 a.m.

Book Club

Do you like to read? Join our book club.

Date: First Monday of every month

Time: 1:15 p.m. **Cost:** Free

Stitching Post

Come knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

Date: Mondays

Time: 10:00 a.m.-Noon **Cost:** Free

Date: Tuesdays

Time: 1:00-3:30 p.m. **Cost:** Free

Teens Teach Tech

Do you have tech questions? Topics covered include tablets, smart phones and laptops.

Date: Tuesday, March 14

Time: 3:30 p.m. **Cost:** Free

(see other side for calendar of activities)